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ABSTRACT

Divorce is a very common experience and, while much divorce-related research has been conducted dealing with women and children of divorce, divorce research focusing on men has been minimal. This study examined thoughts, problems, and concerns of urban divorced men during the first month of divorce--Time 1(T1), at 6 months--Time 2 (T2), and at 1 year--Time 3 (T3) following the divorce. One hundred twenty-three men participated at T1, 84 continued at T2, and 54 responded at T3. Subjects completed a demographic questionnaire, the Psychological Adjustment Scale, and the Checklist of Problems and Concerns. The results revealed that finances, social relationships, and loneliness were major areas of concern; problems in practical living were least troublesome. Subjects thought more about financial matters at T1 than about any of the other areas which were a major concern at T3. Statistically significant decreases existed between T1 and T2 concerning loneliness, reaction of friends to the divorce, and reaction of relatives to the divorce. Five problem areas (loneliness, former spouse contacts, interpersonal relationships, control and competence, discussing the divorce) were derived through factor analysis of problem and concern items. Statistically significant decreases between T1 and T2 and between T1 and T3 were found in loneliness and in control and competence. (Author/NB)

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A Longitudinal Study of the Problems and Concerns of Urban Divorced Men

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Running Head: DIVORCED MEN

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Abstract

This study examined thoughts, problems, and concerns of urban divorced men at three points in time: during the first month of divorce (Time 1) and at six months (Time 2) and one year later(Time 3). Finances, social relationships, and loneliness were major areas of concern; problems in practical living were least troublesome. These men thought more about financial matters at Time 1 than about any of the other areas which were major concerns a year later. Statistically significant decreases existed between Times 1 and 2 concerning loneliness, reaction of friends to the divorce, reaction of relatives to the divorce, and also between Times 1 and 3 for the latter two concerns. Five problem areas (loneliness, former spouse contacts, interpersonal relationships, control and competence, discussing the divorce) were derived through factor analysis of problem and concern items. Statistically significant decreases between Times 1 and 2 and between Times 1 and 3 were found in loneliness and also in control and competence).

Date submitted: July 18, 1988

A Longitudinal Study of the Problems and Concerns of Urban Divorced Men

Although divorce is a very common experience and increasingly acceptable, it can still be quite traumatic. Few people exit a marriage without some degree of stress (Bilge & Kaufman, 1983; Bloom, Asher, & White, 1978; Hetherington, Cox, & Cox, 1979). Blossoming divorce statistics offer little comfort to those going through this emotionally trying time. Epstein (1974) stated: "Divorce generally seems an admirable, an altogether logical solution--for others. For oneself it is, invariably and inevitably, difficult almost beyond imagining" (p. 25). Holmes and Rahe (1967) ranked divorce second only to the death of a spouse as the most stressful life event that an individual can experience.

Accompanying the growing numbers of divorced persons has been an increase in excellent divorce related research dealing with women of divorce (i.e., McCabe 1981) and children of divorce (i.e., Guidubaldi, Cleminshaw, Perry, & Mclaughlin, 1983; Warren, Ilgen, Grew, Kovanc, & Amara, 1985). However, divorce research focusing upon men has been minimal compared to the number of studies regarding divorced women and children. Even when studies do involve divorced men, men themselves often seem to be a tangential concern. The focus often revolves around father-absence and the subsequent impact on the children (Hepworth, Ryder, & Dreyer, 1984) rather than around men's own problems and concerns. Dominic and Schlesinger (1980) noted this lack of attention and referred to divorced fathers as "family shadows." Bloom et al. (1978) reviewed research on marital disruption and found only one study in the prior 15 years that was directly related to the problems of divorced men. White and Asher (1976) stated: "Far too little is known about the nature of the stresses faced by men undergoing marital disruption and how men respond to these stresses" (p. 3).

Perhaps the past paucity of research on divorced men reflects cultural stereotyping more than

blatant negligence, as men are often expected to take care of themselves and be able to handle and triumph over any situation that comes their way (Pleck & Sawyer, 1974). Stereotypical beliefs tend to play down sufferings and problems of divorced men because men are often viewed as the ones responsible for the marriage breaking up, and visions of unfaithfulness come to the fore. Frequently the image is of a swinging bachelor having the time of his life (Atkins & Rubin, 1976; Krantzler, 1974). Also, since women seek help through counseling more often than men (Chesler, 1972), it may be wrongly assumed that men have fewer problems and concerns. Based on revealing statistics spanning three decades, many stereotypic assumptions concerning divorced men should be challenged regarding such aspects as suicide (Gove, 1972), homicide (Carter & Glick, 1970), annual death rate (National Vital Statistics, 1967), admissions rates to psychiatric facilities and mental disorder rates (Bloom, 1975); chronic health problems (National Center for Health Statistics, 1976); and methods of assessing the effects of divorce (Emery, 1982).

Atkins and Rubin (1976) proposed that the problems of divorced men and women may be of a different nature, but that that in no way lessens the impact upon men. Krantzler (1974) also believes that divorce has a severe impact upon men. In fact, some researchers stress that men have a greater need for and benefit more from the married state than women and, therefore, suffer more from a disrupted marriage (Bernard, 1972; Carter & Glick, 1970; Gove, 1973). Other authors also challenge the assumption that men are less emotionally affected by divorce than women (Bloom & Hodges, 1981; White and Bloom, 1981).

The current investigation reflects the growing concern for divorced men and was conceived from a broad base of studies regarding the problems and concerns of divorced persons (i.e., Berman & Turk, 1981; Dohrenwend & Dohrenwend, 1974; Hetherington, et al., 1979; McCabe, 1981; Warren et al., 1985). Whether or not the escalation of divorce incidence and resultant single-parent households become disastrous and detrimental to society-at-large depends upon the "availability of sufficient material resources, supportive social networks, and . . .

culturally-structured attitudes toward it" (Bilge & Kaufman, 1983, p. 17).

The present study is an attempt to remedy some of the shortcomings of past research by using a larger population of divorced men, a specific time marker (i.e., during the first month of divorce), and a longitudinal design (i.e., during the first month of divorce--Time 1; six months later--Time 2; and one year after the divorce--Time 3). It is hoped that this study will further illuminate the thoughts, problems, and concerns of divorced men who comprise half of the divorce statistics and who deserve to be listened to and understood.

Method

Participants

The participants were divorced men representing two urban areas in Indiana. One hundred twenty-three (123) men participated at Time 1 (during the first month of divorce); 84 continued to participate at Time 2 (six months after the divorce); and 54 responded at Time 3 (one year following the divorce).

The mean age for these men was 36.5 years, with a range of 22 to 67; the mean age for their ex-wives was 34.4 years. These divorced men had been married an average of 10.1 years, with a range from less than one year to 47 years. The participants were predominantly white; 73.0% were Protestant and 23.0% Catholic. Eighty percent (80.0%) considered themselves "somewhat religious;" 11.7% "not at all religious;" and 8.3% "very religious." When asked, "Who asked for the divorce?" 37.0% of the men responded that they did. When asked to asses how much responsibility they feel for the ending of the marriage on a scale of 0 to 100, the mean response was 39.3. This belief also stayed consistent at Times 2 and 3. About half of the men (54.2%) reported having children from the marriage. In response to the highest level of education attained item, 27.0% indicated a high school diploma, 24.6% a college degree, 16.4% technical school training, and 13.1% a graduate degree.

Instruments

Demographic-Background Questionnaire. This instrument consisted of questions pertaining to general demographic information. It also included items concerning (a) roles that the former wife currently performs and (b) to what degree thought was given to eight areas of life.

The Psychological Adjustment Scale. This is a ten-item psychological adjustment scale which consists of an eight-item Personal/Emotional Adjustment Scale (Hunter, Metres, Ballard, & McCubbin,1972) and two family-related items. There are four possible responses: "almost never," "sometimes," "often," and "almost." In this study, each item was looked at in terms of descriptive background information and then as a test of anxiety. The instrument validity was tested by McCabe (1981) by administering this test and the Taylor Manifest Anxiety Scale (Taylor, 1953) to 30 individuals. A Pearson Product Moment Correlation of .85 was obtained. The scale, therefore, appears to have some degree of validity as a test of anxiety.

The Checklist of Problems and Concerns (CPC) (Berman, 1981). This checklist was developed to ascertain the kinds of problems divorced individuals encounter in trying to adapt to divorce. The 45 items were generated after a review of the literature on divorce and through interviews with divorced people. This checklist covers four major problem areas: (a) practical concerns, (b) interpersonal problems, (c) emotional difficulties, and (d) family problems. Each item is rated on a four-point scale according to how frequently the item is considered to be a problem or source of concern within the past month. Berman and Turk (1981) administered the CPC to 90 divorced persons (25 were men) and, using a factor analysis procedure, found 6 orthogonal factors with eigenvalues greater than 1.0: (a) Former Spouse Contacts, (b) Parent-child Interactions, (c) Interpersonal Relations, (d) Loneliness, (e) Practical Problems, and (f) Financial Concerns. Internal reliability for these factors, using Chronbach's "alpha," ranged from .66 to .84.

Procedure

The names of all men who received a divorce were obtained from county courthouse records in

two counties in Indiana. Telephone contacts were made; the purpose of the study was explained; research instruments were described; and participation was requested. If the potential subject agreed to participate, a packet of research materials was sent to him. This packet included a cover letter which reiterated the purpose of the study, a booklet in which the research instruments were contained, a participant contact form (the participant listed 2-3 people who would know their whereabouts in the event that they moved), and a stamped, addressed envelope in which to return the materials. Follow-up phone call reminders were made at Times 1, 2, and 3. Before both Times 2 and 3, another phone call was made reminding the participants of the study, a request was made for continued participation, and packets were sent.

Data Analyses

As a means of interpreting meaningful differences regarding thoughts and concerns of divorced men between Times 1,2, and 3, a Z-statistic was computed to test the change in proportions of particular responses over time. In order to ascertain the problems of divorced men, a frequency distribution was compiled for the 45 items in the Checklist of Problems and Concerns. If a respondent left an item unanswered, he was given his own average score; for the factor analysis, he was given the group average. An item was eliminated if at least 50 percent of the sample at Times 1 and 2 rated the item "as never a problem." Items pertaining to children were also eliminated due to the number of men who did not respond to these items because they had no children. The remaining 24 items were factor-analyzed using the SPSSX package, Subroutine FACTOR. A two-tailed correlated t-test procedure was used to ascertain participants' problem-factor differences from Time 1 to Time 2. Differences from Time 1, Time 2, and Time 3 were analyzed by using a one-group repeated measures analysis. Post hoc comparisons of means for these three groups were made using the Newman-Keuls procedure. The .05 level of significance was used to test hypotheses.

Results

Relationship with Former Spouse

Each participant was asked to indicate what roles his former wife played in his life at Times 1, 2, and 3. He could choose from six possible roles, or he could indicate that his former wife performed none of the roles. During the first month of divorce, 2.4% of the men, who had custody of

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Insert Table 1 about here

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their children, stated that their former wives helped provide financially for the children. Only 14.3% indicated that their former wife was still a social companion; 2.4% of the ex-wives took care of the children even though he had custody; 25.0% indicated that the former wife would take care of the children at any time the ex-husband might call (if he had custody) or let him see the children most of the time when he wanted to. Former spouses continued to be a sexual companion for 9.5% of the men; 3.6% of the women performed routine house-keeping duties at their former husbands' homes. The greatest percentage (54.8%) reported that their former spouse performed none of the listed roles during the first month of divorce.

Six months later, the role that the former wife played in the life of her ex-husband was basically the same as during the first month, except for the woman being a social companion to her former husband, which was 14.3% during the first month of divorce and 8.3% six months later. Several Time 3 results were similar to Time 1 and Time 2 findings. However, former wives were less likely to accommodate fathers at Time 3 concerning the children: (a) None were willing to assume major care of the children if he had custody; (b) only 13.0% would take care of the children at any time he might call when he had custody or let him see the children when he wanted if she had custody (down from 25.0% and 26.2% at Times 1 and 2 respectively); and (c) former wives' willingness to perform routine housekeeping was 3.6% at both Times 1 and 2 and 1.9% at Time 3.

Only 1.9% stated that their former wife was still a sexual companion (down from 9.5% at both Times 1 and 2). A high percentage of these men (75.9%) stated at one year post-divorce that their former wives performed no role for them, as compared to 54.8% and 56.0% respectively at Times 1 and 2.

Thoughts on Eight Areas of Life

Eight areas of life were presented, and participants were asked to indicate how much they thought about each area. Areas considered were (a) financial matters, (b) how the children are doing, (c) the reaction of people at work to my divorce, (d) how I am able to handle my children, (e) the reactions of my friends to my divorce, (f) the reactions of my relatives to my divorce, (g) loneliness, and (h) anger toward my former wife. Response choices were "never," "a little," "sometimes," "a lot," and "not applicable." The results are reported in Table 2.

Insert Table 2 about here

Over half of the men (59.0%) thought "a lot" about financial matters during the first month of divorce and continued to do so (51.2%) six months later, with a decrease (38.5%) after one year. During the first month of divorce, men thought more about financial matters than about any other area. Men who had children also thought "a lot" at Times 1, 2, and 3 about how their children were doing. An increase from 48.0% at Time 1 to 61.4% at Time 2 was noted, followed by a decrease to 52.9% at Time 3. Only about half as many men thought "a lot" about the reactions of their co-workers six months after the divorce (6.3%) as did during the first month (11.1%); at the end of a year, no participant reported thinking "a lot" about the reactions of people at work to their divorce.

At Time 1, 25.0% of the fathers thought "a lot" about how they were able to handle their children, a fairly constant percentage at all three focal times. About twice as many men thought "a lot" about the reactions of their friends at Time 1 (21.7%) as did at Time 2 (11.9%); at Time 3,

none of the men thought "a lot" about this area. Over one-fourth (27.2%) of the participants thought "a lot" about the reactions of their relatives at Time 1. However, at Time 2 only 14.5% reported this as a concern, and at Time 3 only 1.9% did so. Loneliness was also a major area thought of "a lot" at Time 1 (45.2%), followed by 33.3% at Time 2, and 25.9% at Time 3. The percentage of men reporting that they thought "a lot" about anger towards their former wife was fairly constant over time with Times 1, 2, and 3 being 15.7%, 16.7%, and 13.0%, respectively.

Statistically significant differences existed between Time 1 and Time 2 for three areas: (a) reactions of my friends to my divorce; (b) reactions of my relatives to my divorce; and (c) loneliness. Participants felt less concerned about these three areas at Time 2. Four statistically significant differences emerged between Time 1 and Time 3: (a) financial matters; (b) the reaction of my friends to my divorce; (c) reaction of my relatives to my divorce; and (d) loneliness. Participants reported thinking less about these areas of life at Time 3 than at Time 1. No statistically significant differences were found between Times 2 and 3.

Anxiety Levels and Descriptive Information

Descriptive information and an anxiety score were obtained from a ten-item psychological adjustment scale. The mean score for the men at both Time 1 and Time 2 was 20 with respective standard deviations of 4.55 and 4.27. It appears that, for participants as a whole, the anxiety level remained constant from Time 1 to Time 2. Table 3 indicates the percentages of men who responded "often" and "almost always" concerning these ten statements.

Insert Table 3 about here

It was noted that 22.6% of the men tired quickly during the first month, with a slight decrease at Time 2 (19.1%), and a drop to 11.2% at Time 3. At both Time 1(38.1%) and Time 2 (38.5%), these divorced men were inclined to take things too seriously; this dropped to 27.8% at Time 3.

Fewer men (23.8%) found themselves agreeing with their former wives in order to avoid conflict six months after the divorce than during the first month (32.2%); this area stabilized at 22.3% after a year. As indicated, 23.9% of these men thought that they worried too much over insignificant things. This was consistent with the findings six months later (20.3%), with a drop to 13.0% at the end of one year. About one-fifth of the men in this study (21.7%, 19.1%, & 18.6% respectively) found themselves forgetting things at all 3 times. At one month, 19.1% reported getting angry at the least irritation, with a drop to 14.3% at six months, and to 7.4% a year later.

Almost one-fourth of the respondents (23.8%) found themselves brooding about the past "often-almost always" six months after the divorce, a slight increase from one month (21.5%). A decrease (18.6%) was shown one year later. More than one-fourth (26.5%) indicated that they lacked self-confidence at one month; a drop to 17.9% was indicated six months later, with an increase to 22.3% after a year. Over one-half of the participants (57.8%) thought they were an important member of their family at Time 1; at Time 2, 55.4% felt that way; and at Time 3, 45.3% felt similarly. Almost ten percent (9.7%) found themselves needing to get away from their families during the first month of divorce; at six months 15.7% reported this; and a year later 11.3% reported such a need.

A two-tailed test of significance was performed on the percentage reporting "often-almost always" between Time 1 and Time 2, between Time 2 and Time 3, and between Time 1 and Time 3. No statistically significant changes were found to occur between Time 1 and Time 2. Statistically significant differences were found between Time 1 and Time 3 for two areas of concern: (a) I find myself agreeing in order to avoid conflicts, and (b) I worry too much over something that does not really matter. The participants reported feeling less troubled with these concerns at Time 3 than at Time 1. A statistically significant difference was also found between Time 2 and Time 3. The men felt that they were less inclined to take things too seriously at Time 3 than at Time 2.

Problems and Concerns

Participants were asked to indicate from the Checklist of Problems and Concerns how much of a problem or concern various areas of life were to them during the first month of the divorce, six months later, and one year later. The particular areas most often listed as being a problem "always-often" at Time 1, at Time 2, and at Time 3 are presented in Table 4.

Insert Table 4 about here

Items checked at both Time 1 and Time 2 as being problems "always-often" by 22% or more of the men were (a) dating new people, (b) developing an intimate relationship, (c) having enough money, (d) making ends meet, (e) being lonely, (f) meeting my spouse in social situations, (g) not having enough time to get things done, (h) being sexually satisfied, and (i) resenting my ex-spouse. Items noted as problems at all three times by 22% or more of the men were (a) dating new people, (b) developing an intimate relationship, (c) having enough money, (d) making ends meet, (e)being lonely, (f) not having enough time to get things done, and (g) being sexually satisfied.

Factors Derived from the Problems and Concerns Checklist

In determining problem factors, an item was eliminated from the Checklist of Problems and Concerns for factor analysis if at least 50% of the respondents marked it as "never" a problem. This procedure yielded seven factors that had eigenvalues greater than 1.0 and accounted for 67% of the variance.

Insert Table 5 about here

Two of the factors (Factor 4/Financial Concerns; Factor 7/Practical Problems) were dropped as factors since each was comprised of only two-items. Factor 1 (Loneliness) included items that are related to problems of being alone. Factor 2 (Former Spouse Contacts) contained items

regarding problems in dealing with the former mate: (a) meeting her in social situations, (b) talking to her about money matters, and (c) feelings of resentment toward her. Factor 3 (Interpersonal Relationships) included items dealing with friends. Factor 5 (Control and Competence) included items concerning being in control of feelings and a situation, both in the personal realm and in the work environment. Factor 6 (Discussing the Divorce) embodied items such as being able to talk to parents and friends about the divorce. The Time 2 factor analysis yielded the same factors as Time 1, except for the factor "Financial Concerns," which was deleted, and the factor "Job Concerns," which was added. The "Job Concerns" factor was not retained for further analysis since only two items comprised this factor. Correlated t-tests were used to test for statistically significant differences for the five problem factors that were present at Time 1 and at Time 2.

Two problem factors showed a statistically significant difference between Time 1 and Time 2. These factors were Factor 1 (Loneliness) and Factor 5 (Control and Competence). The results indicate that these divorced men were reporting loneliness to a lower degree at Time 2 than at Time 1. They also reported a lower degree of concern with "Control and Competence" at Time 2 than at Time 1. A repeated measures analysis of variance was performed at Times 1, 2, and 3 (N = 54).

Insert Tables 6, 7, & 8 about here

The same results concerning these two factors were also found between Time 1 and Time 3 with decreases in loneliness and also in control and competence.

Discussion

The present study focused on thoughts, problems, and concerns of divorced men. Only 37.0% of the participants stated that they asked for the divorce, indicating that it is more often the wife than the husband who initiates the divorce proceedings. This is in concert with McCabe's (1981) study.

Women in that study reported that their former husbands asked for the divorce only 28% of the time and that the women did so 61% of the time.

Being lonely during the first month post-divorce was a major concern to the men in the present study; however, loneliness decreased significantly as a major problem after six months had elapsed. White (1979) also found loneliness to be the most pervasive and problematic area experienced by recently separated men. He found that loneliness declined significantly after three or four months of separation.

During the first six months of divorce, men in the present study had difficulty making new friends, dating new people, developing intimate relationships, and being sexually satisfied. Also of interest was the finding that almost 10% of the divorced men stated that their former wife continued to be a sexual companion for them at one month and six months following the divorce. A high percentage of these women were also social companions to their former husbands at six months and one year. Women in McCabe's (1981) study also reported that they continued to be socially active with their former husbands following divorce. Separated men in White's (1979) study reported moderate to severe difficulty integrating socially (53%) and sexually (57%).

Problem factors emerging from the factor analysis were similar to the factors found by Berman and Turk (1981). However, in the present study, the time factor was controlled; 123 men were sampled at Time 1, as compared to 25 in the Berman and Turk (1981) study. In concert with that study, as well as with the findings of Hetherington et al. (1979), Former Spouse Contacts, Interpersonal Relationships, Loneliness, Practical Problems, and Financial Concerns were identified as problem areas for men in the current study.

It seems both natural and imperative to compare the problems which men and women experience post-divorce. In a comparable study on women by McCabe (1981), financial matters were also thought about by women at Time 1 (during the first month) post-divorce. Seventy-four percent (74.0%) of the women in that study versus 59.0% of the men in our study at that time voiced

concern regarding financial matters; by Time 2 (six months later), 66.0% of the women and 51.2% of the men still had financial concerns. This finding of greater financial concern on the part of women makes sense in light of the evidence that a woman's financial position and standard of living tends to decrease more dramatically than a man's after a divorce (Espenshade, 1979). Wodarski (1982) observed that "the most critical aspect of the divorce process appears to be loss of income for the [custodial] mother with children" (p. 313) and notes that the average loss in family income sustained by a custodial mother with children in the United States is 74%.

A lower percentage of men at Time 1 in our study expressed concern related to "how the children are doing" (48.0%) than they did regarding "financial matters" (59.0%). However, those concerns were reversed by Time 2 (children = 61.4%; finances = 51.2%). Women in McCabe's (1981) study were concerned about the children at Time 1 (42.0%) and decreased their concern to 32.0% by Time 2.

Men are apparently more concerned than women about both the reactions of co-workers and the reactions of friends to their divorce. In McCabe's (1981) study, women thought very little about their co-workers' reactions to their divorce (2.0% at Time 1; 4.0% at Time 2) or about friends' reactions (4.0% at Time 1). This contrasts sharply with the men in the present study. Eleven percent(11.1%) of these men at Time 1 and 6.3% at Time 2 were concerned about co-workers' reactions to their divorce; at Time 1, 21.7% were concerned about their friends' reactions. Initially, it appears that men are more vain than women concerning the reactions of others. Perhaps men feel that their friends are more likely to blame them for the breakup of the marriage and, therefore, expect less solace from them. Since men are not as likely to seek help and support from others in times of trouble (Brown & Fox, 1979), they may also be less cognizant of the thoughts and feelings of important others.

Men in the present study also reported loneliness to a much greater extent than did the women in McCabe's (1981) study. The percentage of women reporting loneliness in the McCabe study was

26.0% at Time 1 and 14.0% at Time 2. In comparison, men in our study reported percentages of 45.2% and 33.3% at Times 1 and 2 respectively. This is consistent with the proposition that men may have a greater need for marriage than women and that once they have known marriage, they can hardly live without it (Bernard, 1972). Sheehy (1974) also believes that men remarry sooner than women because they cannot emotionally deal with being alone.

Summary

The current study examined thoughts, problems, and concerns of urban divorced men at three points in time: one month, six months, and one year post-divorce. Statistically significant differences were found in some areas with the passage of time. Differences between reported men's adjustments to divorce in this study and reported urban divorced women's adjustments in a comparable study (McCabe, 1981) were also found to exist. Previous research findings were supported in the areas of (a) who asks for a divorce, (b) the existence of loneliness as a major problem, (c) the decrease of loneliness over a period of a few months, (d) difficulty in social and sexual interactions, (e) the existence of problem factors, and (f) finances being a major concern.

Generalizations must be made cautiously. A need for additional studies dealing with alternate populations is acknowledged, because the urban target area in this study consisted of an overwhelmingly white, middle-class population. Specifically, the results of this study cannot be generalized to non-white individuals nor to those in rural or lower-economic environments. In future studies, focus might be placed on those who have experienced multiple divorces. Problems may also differ for those in various sub-sections of the divorced population (i.e., those who have children vs. those who are childless; those who have custody of children vs. those who do not have custody). This research was an attempt to help fill an obvious research gap concerning the thoughts, problems, and concerns of men post-divorce. Hopefully, it will stimulate further research concerning this specific problem as well as other divorce-related problems of men, women, and children.

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Table 1
Percent of Sample Responding to Roles of Former Wife

Role	Percentages*		
	Time 1	Time 2	Time 3
Helps provide financially for your children (if you have custody)	2.4	2.4	3.7
Social companion for you	14.3	8.3	7.4
Takes care of the children (if you have custody)	2.4	1.2	0.0
Takes care of the children at any time you might call (if you have custody) or lets you see children most of the time when you want to	25.0	26.2	13.0
Sexual companion for you	9.5	9.5	1.9
Performs routine housekeeping	3.6	3.6	1.9
None of the above	54.8	56.0	75.9

*Time 1 and Time 2 percentages are based on the same 84 participants; time 3 percentages are based on 54 men.

Table 2
Percent of Sample Responding to Areas of Life Thought About "A Lot"

Area	Percentages		
	Time 1	Time 2	Time 3
Financial matters	59.0	51.2	38.5**
How the children are doing	48.0	61.4	52.9
The reactions of people at work to my divorce	11.1	6.3	0.0
How I am able to handle my children	25.0	29.0	26.9
The reactions of my friends to my divorce	21.7	11.9*	0.0 **
The reactions of my relatives to my divorce	27.2	14.5*	1.9 **
Loneliness	45.2	33.3*	25.9 **
Anger toward my former wife	15.7	16.7	13.0

*Statistically significant difference (<.05) between Time 1 and Time 2

**Statistically significant difference (<.05 level) between Time 1 and Time 3

Note: There were no statistically significant differences between Time 2 and Time 3.

Table 3
Percent of Sample Responding "Often" or
"Almost Always" to Self-Descriptions of Men

Statements	Percentages		
	Time 1	Time 2	Time 3
I seem to tire quickly.	22.6	19.1	11.2
I am inclined to take things too seriously.	38.1	38.5	27.8*
I find myself agreeing in order to avoid conflicts.	32.2	23.8	22.3**
I worry too much over something that does not really matter.	23.9	20.3	13.0**
I find myself forgetting things.	21.7	19.1	18.6
I seem to get angry at the least irritation.	19.1	14.3	7.4
I find myself brooding about the past.	21.5	23.8	18.6
I lack self-confidence.	26.5	17.9	22.3
I feel I am an important member of my family.	57.8	55.4	45.3
I find myself needing to get away from my family.	9.7	15.7	11.3

*Statistically significant difference (<.05 level) between Time 2 and Time 3

**Statistically significant difference (<.05 level) between Time 1 and Time 3

Table 4
Percent (22% or more) of Sample Responding "Always-Often"
to Problems Encountered by Men Post-Divorce

Item	Percentages		
	Time 1	Time 2	Time 3
Starting a new job	22.6	----	----
Making new friends	22.9	----	24.1
Dating new people	35.0	30.9	25.9
Developing an intimate relationship	36.2	29.7	29.7
Being depressed	35.3	----	22.3
Getting involved in social activities	23.5	----	----
Having enough money	38.5	30.9	31.5
Making ends meet	33.8	23.8	22.2
Being lonely	51.3	31.0	26.0
Meeting my spouse in social situations	25.3	26.5	----
Talking with my spouse about money matters	28.0	----	----
Not having enough time to get things done	41.7	45.8	48.2
Being sexually satisfied	41.7	28.6	37.0
Feeling inadequate as a person	25.0	----	----
Resenting my ex-spouse	25.0	23.9	----
Having enough time for my children	----	24.6	----

Note: Time 1 and Time 2 percentages are based on the same 84 participants; time 3 percentages are based on 54 participants.

Table 5
Summary Statistics for the Comparison of Problem Factor Means Between Times 1 and 2 (N = 84)

	Mean		SD				
	T^1	T^2	T^1	T^2	t value	df	p
Factor 1 (Loneliness)	16.3	17.6	4.26	3.41	-3.72	83	.000*
Factor 2 (Former Spouse Contact)	8.8	9.2	2.39	2.32	-1.62	83	.109
Factor 3 (Interpersonal Relationships)	12.3	12.7	2.61	2.14	-1.55	83	.125
Factor 5 (Control and Competence)	12.5	13.3	2.63	2.05	-3.47	83	.001*
Factor 6 (Discussing the Divorce)	8.6	8.9	2.25	1.79	-1.58	83	.118

*Statistically significant at the .05 level

Table 6
Means and Standard Deviations for the Six Problem Factors at Each of the Three Time Periods*

Variable		M	SD
Factor 1 (Loneliness)	Time 1	16.4	4.19
	Time 2	17.6	3.35
	Time 3	17.8	3.94
Factor 2 (Former Spouse Contacts)	Time 1	8.9	2.36
	Time 2	9.6	2.17
	Time 3	9.5	2.37
Factor 3 (Interpersonal Relationships)	Time 1	12.4	2.76
	Time 2	12.9	1.98
	Time 3	12.7	2.40
Factor 5 (Control and Competence)	Time 1	12.6	2.54
	Time 2	13.1	2.30
	Time 3	13.3	2.20
Factor 6 (Discussing the Divorce)	Time 1	8.9	1.92
	Time 2	9.1	1.82
	Time 3	9.2	2.03

* N = 54

Table 7
One-way Repeated Measures Analysis of Variance
Source Table for the Six Problem Factors

Measure	ms	df		F	P
Factor 1 (Loneliness)					
Between People	31.20	53			
Within People		108			
Time	31.93		2	4.89	.009
Residual	6.54		106		
Factor 2 (Former Spouse Contacts)					
Between People	10.79	53			
Within People		108			
Time	6.62		2	2.62	.078
Residual	2.53		106		
Factor 3 (Interpersonal Relationships)					
Between People	11.11	53			
Within People		108			
Time	2.77		2	0.90	.411
Residual	3.08		106		
Factor 5 (Control and Competence)					
Between People	12.47	53			
Within People		108			
Time	6.91		2	3.37	.038
Residual	2.05		106		
Factor 6 (Discussing the Divorce)					
Between People	7.38	53			
Within People		108			
Time	1.19		2	0.64	.529
Residual	1.85		106		

Table 8
Summary Statistics for Post Hoc Testing of Time Differences for the Problem Factors "Loneliness" and "Control and Competence"

	Difference	Critical Value	Decision
Factor 1 (Loneliness)			
Time 1 vs. Time 3	75.6	63.3	*
Time 1 vs. Time 2	64.8	52.8	*
Time 2 vs. Time 3	10.8	52.8	
Factor 5 (Control and Competence)			
Time 1 vs. Time 3	37.8	35.4	*
Time 1 vs. Time 2	27.0	29.6	
Time 2 vs. Time 3	10.8	29.6	

*Statistically significant difference at the .05 level